

Bad And Late Sleep Will Make You Sick (And “Scientists” Silently Acknowledge Our Biological Terrain And That The Germ Theory Is A Hoax)

By Joachim Bartoll | Jul. 29th, 2025

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Once again, the so-called “modern” and “medical science” is trying to catch up, yet they’re so far behind what’s already been established within biology and physiology for ages that it’s embarrassing — not to mention what should be common sense. But considering the inverted backwards world we live in ruled with a very strong anti-human and control agenda, no one should be surprised. So, let’s see what [Science Daily](#) had to report [on sleep and disease this time](#).

“A groundbreaking international study, recently published in Health Data Science, analyzed objective sleep data from 88,461 adults in the UK Biobank and found significant associations between sleep traits and 172 diseases. The research, led by teams from Peking University and Army Medical University, highlights sleep regularity — such as bedtime consistency and circadian rhythm stability — as an underrecognized but critical factor in disease risk.”

Groundbreaking? It only seems “groundbreaking” to these imbeciles because they have no understanding of simple biology and physiology. Now, let me break it down into some really simple steps.

What is enhanced during sleep? Yes, detoxification — provided you enter a fasted state and go to bed according to our circadian rhythm, as in being asleep before 10.00 pm.

Detoxification

When we sleep, **our body's natural detoxification processes are amplified**. The lymphatic system, responsible for removing toxins and waste products, becomes more active during sleep. This allows for the efficient removal of metabolic byproducts, such as urea, creatinine, and other waste materials, which can accumulate during the day. Additionally, the liver's detoxification pathways, including glutathione production and conjugation reactions, are also enhanced during sleep.

Synergistic Effects

The combination of sleep and fasting during the night creates a synergistic effect, amplifying the body's natural detoxification and tissue healing processes. This is particularly important for maintaining overall health and preventing chronic diseases, as it allows the body to:

- **Remove accumulated toxins:** Sleep-fasted detoxification helps eliminate toxins that can accumulate during the day, reducing oxidative stress and inflammation.
- **Promote tissue regeneration:** Fasted sleep supports the repair and regeneration of damaged tissues, maintaining tissue integrity and function.

Sleep plays a critical role in detoxification and healing, with research indicating that these processes are significantly enhanced during sleep, particularly when aligned with the circadian rhythm. ⁴ During sleep, the brain's glymphatic system becomes more active, facilitating the removal of metabolic waste products that accumulate during wakefulness. ³ This detoxification process is essential for maintaining brain health and cognitive function.

Adhering to a consistent sleep schedule, especially by being asleep before 10 pm, can help synchronize the body's internal clock with the natural day-night cycle, optimizing the physiological processes that occur during sleep. ⁴ Disruptions to this rhythm, such as irregular sleep schedules or exposure to artificial light at night, can interfere with these processes and negatively impact health. ⁴

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And what damages our cells and thus contributes to what is called “disease”? Yes, toxins, primarily from a bad inappropriate diet — and not some pseudo-scientific non-existing germs or viruses.

Toxins can cause significant cell and tissue damage by interfering with essential physiological processes. Exposure to toxic substances can lead to the accumulation of these toxins in the body, which may result in severe tissue damage and disease. This occurs when the body's natural detoxification mechanisms are overwhelmed or impaired, leading to the buildup of harmful substances. ⁴ The failure to properly detoxify can result in damage to enzymes, structural minerals, organs, DNA, and cell membranes, as well as hormonal imbalances and impaired detoxification pathways. ⁴ This toxic accumulation can ultimately lead to chronic health issues and organ failure.

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So, if you go to bed late, as in after 10 pm, or if you eat close to bed time, or if you wake up a lot or have a hard time falling asleep, your detoxification abilities will be severely hampered and that means that toxins will accumulate even faster, resulting in manifestations of diseases a lot earlier than would happen otherwise — and especially damage to the cardiovascular system and the organs.

And to further add insult to injury, if you're not asleep between 10 pm and 2 am, you miss out on the largest pulses of growth hormone, the hormone that aids in tissue repair and fights the aging process. The hormone that keeps your joints, bones, cartilage and skin young and strong, the hormone that helps to maintain normal body structure and metabolism, including the regulation of body composition, fluid homeostasis, glucose and lipid metabolism, and organ- and cardiovascular health.

Circadian Rhythm and Growth Hormone

The human body's natural circadian rhythm regulates the release of various hormones, including growth hormone.

The largest pulses of growth hormone occur shortly after sleep onset during slow-wave sleep (SWS), typically between 10 pm and 2 am, aligning with the circadian rhythm.² It is therefore crucial to be asleep during this window to optimize growth hormone secretion.³

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In summary, going to sleep late, after 10 p.m. or even after midnight, may impact the release of growth hormone, potentially leading to reduced levels and impaired metabolic function.

To conclude, sleep quality is extremely important. We've known this for decades and we also know that it has nothing to do with sleep duration, but it has everything to do with the different stages of uninterrupted sleep, as in sleep quality.

Sleep quality, including the duration and frequency of different sleep stages, has long been recognized as more critical than sleep duration alone. ² The circadian rhythm and sleep stages, such as NREM and REM, play significant roles in sleep consolidation and overall sleep quality. ² Sleep continuity and the distribution of sleep stages are essential for optimal physiological function. ²

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“Using actigraphy data over an average of 6.8 years, researchers identified that 92 diseases had over 20% of their risk attributable to poor sleep behavior. Notably, irregular bedtime (after 00:30) was linked to a 2.57-fold higher risk of liver cirrhosis, while low interdaily stability increased the risk of gangrene by 2.61 times.”

Not surprising. Again, going to bed after 10.00 pm is one of the worst and stupidest things anyone can do. Not only does it interfere with detoxification, but it also makes you lose out on the largest and most important pulses of growth hormone. I learned this in the early 90's. It's not new or groundbreaking. And that is why I always go to bed between 8:30 pm and 9:30 pm, and I've done that my entire life.

And going to bed at 0.30 or later, considering that it takes some time to fall asleep and enter slow-wave (deep) sleep and REM sleep, you will entirely miss

out on the peak of growth hormone production — and that is, as we already concluded, really, really bad.

Going to bed at 0.30 am or later may result in missing the peak of growth hormone production, which typically occurs between 10 pm and 2 am, as this period coincides with the onset of slow-wave sleep. ² Growth hormone secretion is closely linked to the first phase of slow-wave sleep, and the most reproducible pulse of growth hormone occurs shortly after sleep onset. ³ Delaying bedtime may reduce the amount of growth hormone released during sleep, as the peak secretion is associated with the initial stages of slow-wave sleep. ⁴

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“Importantly, the study challenges previous claims that “long sleep” (≥ 9 hours) is harmful. While subjective reports have linked long sleep to stroke and heart disease, objective data revealed this association in only one disease. Misclassification may be to blame: 21.67% of “long sleepers” actually slept less than 6 hours, suggesting that time spent in bed is often confused with actual sleep time.”

Yes, the time in bed has absolutely nothing to do with how much sleep you actually get, as most people who are unhealthy and consume species-inappropriate food need 30 to 60 minutes to fall asleep and then wake up several times during the night. I fall asleep within 8 to 14 minutes, and most healthy people fall asleep within 15 minutes. Also, 8 hours in bed usually equals 6 to 6.5 hours of sleep for the average person, as the average person is very unhealthy. And that is only sleep duration, which is not as significant or

relevant as sleep quality, as in how many times and for how long you actually achieve REM sleep and deep sleep.

According to biochemistry and physiology, many people today experience difficulty falling asleep, often taking 30 to 60 minutes to fall asleep, and they frequently wake up multiple times during the night. ² As a result, they may spend 8 hours or more in bed but only achieve less than 6 hours of actual sleep. ² This pattern of sleep disruption can lead to insufficient rest and negatively impact overall health and well-being.

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Why Do We Need Sleep?

I covered sleep quality and the stages of sleep in my articles “[Melatonin = Better Quality Sleep = Maximizing Natural Growth Hormone Release = Better Recovery From Injuries](#),” “[Trying to Remedy Deficiencies — Magnesium L-Threonate Improving Sleep Quality?](#),” and “[Caffeine Will Interfere With Sleep And Reduce Memory Consolidation And Cognitive Recovery, Contributing To Mental Fatigue And Burnout](#).”

“Our findings underscore the overlooked importance of sleep regularity,” said Prof. Shengfeng Wang, senior author of the study. “It’s time we broaden our definition of good sleep beyond just duration.”

Come on now! We’ve known this for over 40 years. Did you call this discovery “groundbreaking?” Seriously?

Sleep regularity, as in following our circadian rhythm, is common sense, and also one of the most important factors for achieving quality sleep. You should always go to bed before 10.00 pm and sleep for about 6 to 9 hours depending on your sleep quality. The better the quality, the shorter the sleep duration can be.

Going to bed at the same time every day, preferably before 10 pm, is considered important for sleep quality as it helps align with the body's circadian rhythm. ⁵ This consistency supports the regulation of sleep-wake cycles and can improve overall sleep quality. ²

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“The team confirmed several associations in U.S. populations and identified inflammatory pathways as a possible biological link. Future research will explore causality and assess the impact of sleep interventions on chronic disease outcomes.”

Well, look at that. Inflammatory pathways. And what is inflammation and these “pathways”? Yes, inflammation is our body’s detoxification and healing process — and that process is enhanced into overdrive when you are in a fasted state and especially when sleeping as other processes in the body are slowed down to maintenance. Sleep is for restoration, for cleaning out the inside of the body and for healing. If you mess up your sleep, you severely mess up your life quality, health and life expectancy. Again, that is common sense.

Inflammation is defined as the biological response of the body to harmful stimuli, such as pathogens, damaged cells, or irritants, which aims to remove the injurious agents and initiate the healing process.² This process involves changes in blood flow, an increase in permeability of blood vessels, and the migration of fluid, proteins, and white blood cells to the site of tissue damage.³ The response includes the elimination of harmful stimuli and the repair of damaged tissues, contributing to the restoration of tissue homeostasis.⁴ Inflammation is characterized by redness, swelling, heat, pain, and loss of function, which result from local immune, vascular, and inflammatory cell responses to infection or injury.⁵

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Inflammation | SpringerL...

Inflammation is a biological response to injury or harmful stimuli, aimed at removing the cause of cell injury and initiating tissue repair.² The process involves the movement of plasma and leukocytes to the affected area, leading to the elimination of the harmful agent and the start of healing.³ For the body to effectively heal, it requires adequate nutrients and rest to support the physiological processes involved.⁴ The resolution of inflammation typically occurs when the injury is addressed, and the body restores tissue homeostasis.⁵

 en.wikipedia.org
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Inflammation is a natural response to injury or damage, aimed at detoxifying and healing the affected area. ⁴ It is not inherently bad but rather a protective mechanism that helps eliminate harmful stimuli and initiate tissue repair. ⁶ The real issue lies in the underlying cause of the damage, which should be addressed to prevent ongoing inflammation. ² Inflammation itself is a sign that the body is working to heal, but if it persists, it can lead to chronic issues. ¹⁰ Therefore, the focus should be on reducing the factors causing damage rather than suppressing inflammation directly. ²

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Inflammation is a biological response involved in the body's detoxification and healing processes, as noted in biochemical and physiological contexts. ² Quality sleep plays a supportive role in this inflammatory process, aiding in the body's ability to heal. ³

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At least they admit, or hint at the importance of assisting inflammation, as in assisting detoxification and healing, as in agreeing with our biological terrain —

although they are too afraid to say it outright, as in openly refuting the retarded germ theory.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, [I'm available for both coaching and consultation.](#)

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